

Agricultural Experiment Station • Cooperative Extension Service


Graphic Design Basics II: Alignment and Repetition

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New Mexico 4-H Youth Development

4-H provides youth with opportunities to learn skills, gain knowledge and make contributions to their communities.



4-H leaders believe youth have the capacity to thrive when provided with the resources for healthy development found in families, schools and communities, regardless of background, race or gender.

About

The New Mexico 4-H Youth Development program is an informal education program dedicated to creating self-directing, productive, contributing members of society by providing youth with the opportunities to acquire leadership, citizenship and life skills. Members learn how to think, not what to think, and develop an appreciation for the importance of self, science, agriculture and the home.

The goal of the 4-H Youth Development program is to provide appropriate developmental opportunities for young people to learn and experience life skills, practice them and be able to use them when needed throughout a lifetime. The program achieves success by providing members with positive peer groups, year-round community clubs, special-interest groups, school enrichment programs, leadership experiences and other camps, events and activities.

Youth can grow through numerous leadership opportunities at the club, county and state levels, and may even go on to represent their state at the national level. Running for or serving as an officer or in committee positions not only helps youth develop leadership abilities, but also helps develop skills in public speaking, teamwork and decision making.

More than 200 projects are offered in a variety of areas, such as animal science, creative arts, engineering, nutrition, horticulture, agronomy and citizenship. Shorter-term projects are

also available for special-interest groups and school enrichment programs.

Nationally, 4-H began around the start of the 20th century in the work of several people in different parts of the U.S. who were concerned about young people. The seed of the 4-H idea of practical and hands-on learning came from the desire to make public school education more connected to country life.

Head, heart, hands and health are the four Hs in 4-H. They are the four values that members work on through fun and engaging programs. Head –managing and thinking. Heart –relating and caring. Hands –giving and working. Health –being and living.

Get Involved

The success of the 4-H program is made possible by the dedication of some 2,800 adult volunteer leaders who share their time, skills and knowledge with 4-H members. The program reaches more than 75,000 children aged 5 to 19 with diverse ethnic and socioeconomic backgrounds from urban, suburban and rural areas across the 33 counties in New Mexico.

Contact

For more information or to join the 4-H Youth Development program, contact your county Extension office. Additional information is available by calling (575) 646-3026 or by visiting <http://aces.nmsu.edu/4h/>.

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healthy and active kids

Obesity and overweight—A growing concern

A 2008 National Health and Nutrition Examination Survey found that 17% of children and adolescents between the ages of 2 and 19 were obese, up from 5.5% in 1976. Obesity and overweight put kids at an increased risk for health problems during their youth and as adults, such as high blood pressure and cholesterol and Type 2 diabetes.

Several factors contribute to obesity and overweight, including genetics, energy intake (eating and drinking foods high in added sugars and fats), lack of physical activity and sedentary behavior (watching TV, playing video games).

Healthy habits start early

Behavior and lifestyle choices are established early in life, so it's important that kids learn to eat well and stay active from an early age. A 2009 study by the Centers for Disease Control and Prevention found that 80% of obese children ages 10 to 15 were still obese at age 25. If children do not form healthy habits early, it is more difficult for them to make lifestyle changes later in life.

What can parents do?

Parents are role models for their children, and children model much of their behavior after their parents. Parents can improve the eating and exercise habits of their families and themselves by setting good examples. Here are some tips to help.

B

Alignment and **repetition** can make your next print project more attractive and easy to read!

Alignment is demonstrated beautifully in example A by how the subheads are aligned to the left margin of the columns, while the text is indented. This sets the paragraphs off nicely and draws the eye down the page and onto the next column. Also, notice how the text from both columns align with each other. Example B doesn't use the

hanging indent, but you can still see that clear vertical left column margin. Alignment is so crucial in publishing that most magazines and newspapers are setup on a grid.

Repetition is demonstrated in both examples by the repeated use of color in the subheadings and consistency and limitation of font choices in the layout. Remember, it is often best to limit font use to two fonts at most. One for headings and the other for the majority of the content.

